

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – May 2013

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
		1	2	3
		Lettuce & Tomato Green Chile Chicken Enchiladas Spinach-Pinto Beans Milk Fruit	Carrot Salad Salisbury Steak Broccoli Scalloped Potatoes Milk-Roll Fruit	Zucchini Salad Beef Lasagna Italian Vegetable Garlic Bread Milk Fruit
6	7	8	9	10
Three Bean Salad Beef Tips/ Mushroom Sauce Carrots Rice-Milk Crackers-Fruit	Lettuce & Tomato Onion & Green Chile Cheeseburger Tator tots Bun Milk Fruit	Salad Chicken and Sausage Gumbo Carrots Rice Corn Bread/ Milk Fruit	Carrot Salad Ground Beef Steak Green Beans Mashed Potatoes Roll-Milk Fruit	Tomato & Onion Salad Pork Carnitas/Red Chile Calabacitas Pinto Beans Tortilla- Milk Fruit
13	14	15	16	17
Cole Slaw Sloppy Joes Onions & Jalapenos Potato Salad Bun- Milk Fruit	Salad Baked Ham W/ Pineapple Glaze Green Beans Sweet Potato-Roll Milk-Fruit	Salad Chicken Strips Peas& Carrots Potatoes Bread Milk- Fruit	Tomato & Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Bread-Milk Fruit	Cole Slaw Chili Cheese Dogs Onions Potato Chips Bun-Milk Fruit
20	21	22	23	24
3 Bean Salad Beef Stew W/ Potatoes & Vegetables Crackers Milk-Fruit	Zucchini Salad Beef Tacos Salsa-Lettuce-Tomato Pinto Beans Milk Fruit	Tomato & Onion Salad Hot Turkey Sandwich Brussels Sprouts Mashed Potatoes Bread-Milk Fruit	3 Bean Salad Chicken In Mushroom Sauce Carrots-Rice Crackers-Milk Fruit	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll-Milk Fruit
27	28	29	30	31
CLOSED	Salad Polish Sausage-Onions Sauerkraut Ranch Beans Bun-Milk Fruit	Potluck & Monthly Birthday Party with Fiddlers & Musicians of New Mexico	Cucumber Salad Chicken Salad Sandwich Lettuce & Tomato Tator Tots-Bread Milk Fruit	Carrot Salad Fish Sandwich Broccoli Potato Chips Bun-Milk Fruit